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# Intercom

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Alaskan Region  
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**Mount Redoubt** -- story on page 2

(U.S.G.S. Photo.)



# Don't Doubt Redoubt

by Ivy Moore, AAL-5A

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After 24 years of quiet waiting, Mount Redoubt awoke with an eruption midmorning of December 14, 1989. Ashes were flung to 35,000 feet within five minutes. Within an hour the 80-knot winds had carried the ash cloud north and west of Anchorage, with dust falling on the Mat-Su Valley. Eruptions continued from time to time for several days.

Located 110 miles southwest of Anchorage and 50 miles west of Kenai in the Lake Clark National Park, 10,197 feet high Redoubt is the second most active of the six Cook Inlet volcanoes, behind Mount Augustine. Redoubt has been active at least four times during this century, with the last significant eruption in January 1966.

The FAA immediately issued advisories to pilots concerning the location and predicted path of the ash clouds, and the possible hazards to aircraft from the ash which is both corrosive and abrasive. Flight restrictions were imposed in the immediate vicinity of the volcano.

Several aircraft suffered ash damage to windshields and wing surfaces. Air carriers began to change their routes, and some canceled flights to the north and west of Anchorage.

Just before noon on Friday, December 15, KLM Flight 867, a Boeing 747, encountered an ash cloud at 25,000 feet, 75 miles northwest of Anchorage. All four engines stopped. The aircraft dropped at least 13,000 feet before the crew was able to restart the engines after 13 tense minutes. Thirty-five minutes later the airplane landed at Anchorage International Airport, with no airspeed indicator.

Volcanic ash clouds do not show up on ordinary aircraft radar, and may not be visible to the pilot. Therefore, it may be impossible to detect until the ash begins to do damage to the aircraft.

A shift in wind direction in the wee hours of Saturday morning, December 16, carried ash to the Kenai-Soldotna area. Kenai Local Coordinator and the SFO manager were notified, and

within minutes sector field office people had been dispatched to various sites to begin precautionary shutdown of nav aids, AFSS computer equipment, and the ANC ARTCC en route radar. Most air/ground communications were taken off the air. Telephone and radio service was not interrupted. Notifications and transfers of function were made as required. By 9:05 a.m. Kenai had 3/4 inch of ash on the ground. Both Kenai and Soldotna Airports were closed by the airport managers. Ash shorted out transformers, causing several temporary power failures.

Ash fell lightly in Anchorage, also. Air traffic at Anchorage International Airport was reduced to a trickle. Hundreds of passengers, many of them traveling for Christmas, were stranded.

As domestic air carriers canceled flights, or flew only during daylight hours, the international carriers began flying out of other cities such as Seattle. This created a great economic loss for Alaska. The FAA team met



with the military and National Weather Service to examine what can be done to track the ash plume. The USAF agreed to launch a C-12 turboprop aircraft to observe ash activity during daylight hours as long as volcanic eruptions continue. National Weather Service increased frequency of radiosonde balloon soundings from every 12 hours to every 6 hours.

The Alaska Volcano Observatory said the current eruptions have given scientists their first real look at the volcano with modern instruments. Equipment located on the mountain monitors the seismic activity. A weather satellite provides infrared pictures of the ash clouds; however, since the satellite is in orbit and not at a fixed location, it cannot provide constant data. A volcanic cloud cannot be tracked at night, or if it is obscured by heavy rain clouds.

Senator Ted Stevens arranged for the National Oceanic and Atmospheric Administration to contract with the University of Washington for a Convair C-131 aircraft to conduct research on the Mt. Redoubt ash clouds so that systems and methods can

be developed to help aircraft avoid the cloud. Scientists aboard the plane used LIDAR (a laser radar) and millimeter radar to measure size and density of ash particles, and also the chemical composition of the particles. These radars have been previously used with forest fires, but this is the first time they have been used for research in connection with a volcanic eruption.

The FAA, represented by Douglas Hodgkin in headquarters, regional representatives, and contractor Dr. Melvin Stone of the Lincoln Laboratory of M.I.T. are actively involved with the University of Washington research aircraft scientists, the U.S. Geological Survey, National Weather Service, and aviation industry representatives to investigate ways to detect the volcanic ash cloud accurately so that air carriers can operate in the Alaskan air space. In addition to having significant foreign and domestic air carrier flights, Anchorage is the busiest air cargo airport in the United States.

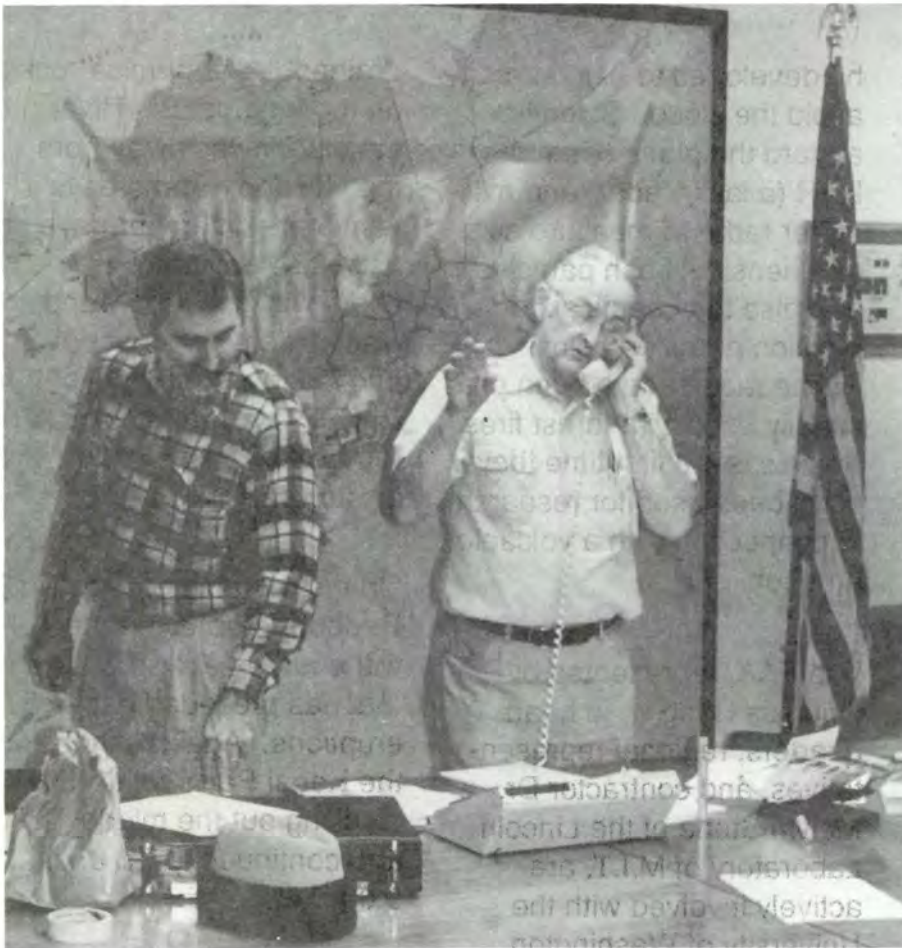
The volcano has followed a pattern of eruptions interspersed with days of quiescence. At one point it

"rained" large pumice rocks on the lodge at Big River Lake, 20 miles away from the volcano. Some days it vented steam, other days ash was spewed out. A flood of melted snow and glacial ice from the mountain led to a shutdown of the Drift River oil terminal and removal of about 80% of the oil stored there.

On the morning of January 8, Redoubt erupted suddenly without the seismic warnings that has preceded earlier eruptions. Again, ash fell on the Kenai Peninsula, blocking out the midday sun, and continued to fall until 9:00 P.M.

There is no way to tell how long Mt. Redoubt will continue to erupt. The period of volcanic activity that began in January 1966 lasted for two years. For the duration, the FAA will continue to work with other agencies to enable more accurate ash flow and fallout pattern predictions; power conditioning and an uninterruptable power supply; and protection of equipment from volcanic ash intrusion.





An Alaskan Region Command Center was set up in the MIC Room of the Anchorage Federal Office Building during the multiple eruptions of the Mount Redoubt volcano. Up-to-the-minute reports from those agencies involved in the volcano's impact upon the state were disseminated by the Command Center throughout the day. Planning Appraisal Officer **Davie Elliston** (left) and Deputy Regional Administrator **Don Keil** (right) maintained a vigilant posture over the volcanic eruptions and the impact made by the ash clouds upon the aviation industry in Alaska.



The Regional Operations Center (ROC) was a hub of activity during the numerous eruptions of Mount Redoubt. Various aviation specialists assisted the regular ROC staff in keeping a watchful eye on the activity of the volcanic ash clouds. (Left to right) **John Groeneveld** (Manager, Air Traffic Quality Assurance Branch), **Bobby Lamkin** (Operations Specialist, Air Traffic Division), and **Victoria Clark** (Manager, ROC) handled one of the many busy night shifts during the active times of the volcano.



## Medical Notes

by Pat Sanders, R.N.

AAL-300

It's the little things that count.

We in the Aviation Medical Division would like to take this opportunity to thank all of the employees in the Alaskan Region for the support, cooperation, and help in our programs and endeavors. Each and every one of you are special, and we appreciate your unique talents and expertise. We would like to give a few folks a special thank you.

**Rose Mower**, thank you for always coming through with an outstanding flyer design for our health events.

Thank you **Mary Ann Carey** for showing us that a person can maintain a healthy weight loss by living with the principles of less calories and more exercise. *lover*

Other folks who have made the decision for wellness through weight loss are **Linda Gentry, Jim Derry, and Bill Schmidtman.**

Many kudos to **Torri, Nila, Connie, Lou, Jim, and Lach** in the Regional Operations Center for keeping the important messages coming and

going while helping us to maintain video equipment and tapes for our classes.

Thank you to the non-smokers who signed our smokers honor roll and are making the Alaska FAA a healthier place to work.

We want to thank **Mary Lou Wojtalik** for getting our messages for healthy living and wellness out to our employees through the **Intercom** publication. She edits our articles and provides us ample column space for our words of health.

Thank you **Ken Smith** for the birthday remembrances and the little messages that are uppers in our sometimes mundane moments.

Thank you **Terry Heeter** for being so persistent in getting our computer on more friendly terms with our staff.

We appreciate the calls from the field stations in support of our non-smoking projects, as well as the words of encouragement to our nurses from **Wendell Wassmann, Ron Glonek, Norm Gommoll, and Mike Homa.**

We thank all of the local coordinators for helping to

make our field trips more effective by arranging our transportation, lodging and classroom space. Special thanks to **Al Crook** for all the above as well as his total commitment to the industry anti-drug program and to **Herb Hinman** for his assistance during the AME meeting in Sitka.

We thank **Edd Clair** and **Ron Cowles** for their assistance and coordination in bringing the Health Fair and blood testing to their local facilities.

We appreciate our good working relationship with **Mary Ann Earles**, our budget analyst. Thank you for helping to keep our budget in line and on track.

Thank you to **Charles, Tom, Merce, Catherine, Sebastian, Jackie, and Estrella** in the mailroom for being so helpful and pleasant in moving our heavy and light mail, and for responding to our many requests for supplies.

Alaska is exemplary of "one FAA," and without the cooperation and camaraderie of each division and individual, our mission of caring and providing health support would be much harder. Thank you.



# A Bloody Good Show, Ol' Chaps

by **Norma Bonewitz, AAL-17**

On behalf of the Blood Bank of Alaska, Inc., a special thanks to all those employees who participated in the FAA Blood Drive on December 12, 1989. Thirty-five units of blood were collected and credited to the FAA Blood Bank Club.



Chairman of the Blood Drive for FAA, **Bob Lewis** (center) cuts the ribbon — officially kicking off the December blood drive. Assisting **Bob** is Blood Bank of Alaska phlebotomist (lab technician) **Alan Collier** (left) and Blood Bank of Alaska donor screener **Christy Crader** (right).



**Alan Collier** (left) prepares to phlebotomize another donor while **Mike Goings** patiently gives a pint of her precious lifeblood.

## AAL-10

**Dolores Coates**  
**Mike Goings**  
**Roz Reed**  
**Norma Bonewitz**  
**Jim Pooley**  
**Richelle Greene**  
**Lori Willi**  
**Chuck Moody**

## AAL-9

**Ken Smith**  
**Chris Williams**

## AAL-700

**Sharon Dallas**

## AAL-600

**Russ Oyster**

## AAL-7

**Joan Dremann**  
**Jean Mahoney**

**Alton Goings (AIM)**

Hopefully, none of us will ever be a patient who needs blood. But, if you do, it's nice to know there are people within the FAA we can truly count on. Our appreciation to the following people:

## AAL-40

**Bob Lewis**  
**Chris Novosad**  
**Jane Ryan**

## AAL-50

**Lillian Demoski**  
**Theresa Clark**  
**Barb Heatherington**  
**Pat Pearson**  
**Andy Billick**  
**Patti Fox**

## AAL-400

**Janet Ulrich**  
**Bob Hodge**  
**David Reed**  
**Nelson Gnirke**  
**John Brister**  
**Bobby Bracken (ZAN AF)**  
**Stan Beck (SA AFS)**  
**Pat Storms (SA AFS)**  
**David Bartholomew II**  
**Sueellen Harris**  
**Tess Staples**  
**Ana Dunbar**  
**Kim Webber**  
**Charles Matthews**



# Top Honor to Susan House



**Susan House** (left) was presented the Secretary of Transportation's Volunteer Service Award by **Secretary Sam Skinner** in Washington, D.C.

On October 19, 1989, **Susan J. House**, Air Traffic Control Specialist at the Anchorage FSS, received the Secretary of Transportation's Volunteer Service Award in Washington, D.C. This award honors the employee making significant contributions to improving a community organization and departmentally supported program by unselfishly donating personal time and efforts. Only one person from the 110,000 DOT employees (Coast Guard, highways, aviation, maritime, railroads, etc.) is recognized with the Volunteer Service Award each year. This honor is one of the highest an employee can receive, based on exceptional or meritorious achievements.

**Susan House** has lived in Alaska since 1973 and has worked for the FAA for the past 12 years. She began as a clerk-typist before entering the Pre-Developmental Program for Air Traffic Controllers in 1980. Her professional life is busy with various aviation-related activities--the Alaskan Region Speakers Bureau, pilot safety seminars, upward-mobility career programs, past national Vice-President of the Professional

Women Controllers, Inc., and most recently as a group dynamics regional facilitator. She currently is the Federal Womens Program Treasurer, Chair of the Anchorage FSS facility Air Traffic Technical Advisory Committee, and quality assurance staff member.

Off the job **Susan** supports the Anchorage community in many ways. She is one of the ambassadors for the Alaska Center for the Performing Arts who give in-depth, behind the scenes tours of Alaska's most modern public building.

Involvement with the Center was through another community group — the Anchorage Arts Council — which furnishes the trained ushers for performances at the Center. Most recently **Susan** was elected to the University of Alaska-Anchorage Alumni Association Board of Directors. She has been an adjunct lecturer for the university teaching non-traditional careers for women and aviation weather.

Congratulations, **Susan**!



## Congratulations Column

Here's some happy news on the latest promotions within the FAA Alaskan Region. Congratulations to the following people:

**John Gillespie**,  
AAL-423

**Dona Iverson**,  
Anchorage FIFO.

**David Hoogerhyde**,  
SA-AFS

**Pauline Steffy**,  
Maintenance Mechanic  
Helper, ZAN-AFS

**Dixie Swanson** has moved up the ladder to the position of administrative assistant. **Dixie** formerly was the secretary at the NA-AFS for the sector manager. The sad side of this promotion is the fact that she moved over to the Arctic District of Bureau of Land Management in Fairbanks for this new position. Good luck, **Dixie**.

**Claudia Hoversten**  
(Systems Accountant,  
AAL-42) has been selected

for the Accounting Branch Manager position in the newly formed Resource Management Division.

**Frank Schroeder** is the new maintenance mechanic at the King Salmon SFO. Prior to his promotion, **Frank** worked as a maintenance mechanic trainee at the SA SFO.

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Congratulations and a pat on the back to the following employees in the Alaskan Region:

**Doug Stockwell**, South Alaska Sector TID, received a Letter of Commendation for his on-the-job training efforts with the Kodiak and Kenai technicians.

ATCS/S **Carl Taylor** and McGrath FSS ATM **Wil Smith** received a Letter of Appreciation from a grateful local pilot to whom they provided assistance during an engine problem while airborne.

ATCS **Dave Bross** received a Letter of Appreciation for his work in rewriting the OPS at the Kenai ATCT.



**Betty Anderson** (clerk-typist, ZAN AF) received an On-The-Spot Award from Sector Manager **Ron Cowles** for her coordination of food gift donations to families adopted by ZAN AF for Christmas.



**Howard Atchley** (automation TID, ZAN AF) was presented his 25-year pin and a congratulatory letter from **Ray Marley**, Assistant Manager, AAL-400.





ATCS John Bernard (Kenai ATCT) received his 25-year service pin. We might add that John's entire FAA career has been spent in the Alaskan Region.

Wedding bells were ringing again in the Alaskan Region. Congratulations and best wishes to the following employees:

QATS **Mike Betts** (Fairbanks FSS) and ATCS **Diane Hampton** from the Big Delta FSS were wed this month. The happy ending to this news is that **Diane** has just been assigned an ATCS position at the Fairbanks FSS. Good move, **Diane**. That commute between Fairbanks and Big Delta could be a bear!

ATCS **David Kress** at the King Salmon FSS recently exchanged wedding vows

with his new bride, **Suzanna**. They were married in Anchorage and are now living happily ever after in King Salmon.

Congratulations to the gang over at the Anchorage FSS on another successful potluck during the holiday season. A special pat on the back goes to **Ann Ralls, Mary Spiess, John Wilber, and Danny Syverson** for all their hard work in helping to make this annual event such a success.

ATM **Charlie Muhs** is very proud of his staff at the Anchorage FSS (and well he should be) for their hard work and dedication to everything they do — from food to air traffic services. Over 60 employees from the FAA offices in the Anchorage Bowl area joined the FSS folks for this pleasant and filling event that has taken place for the past 25 years. We give the FSS a five-star rating on our list of fine dining.



**Danny Syverson** (left) hammed it up at the annual potluck with his baked pig meat. **Lloyd Thunstrom** (right) patiently awaits his turn at the taste testing table.





## Welcome Aboard

We are pleased to welcome the following new employees to our FAA family in Alaska:

**Kerry Beus** and his wife, **Lisa**, and their two children are making Kenai their new home. **Kerry** is an ATC in training at the Kenai ATCT.

Also, **Kyle** and **Patty LeCates** moved from Salt Lake City, Utah, to the Kenai area where **Kyle** is an ATC in training at the Kenai ATCT.

**Kathy Shepard** is the new secretary at the Bethel SFO.

ATCS **Dennis Nice** has joined the team at the Bethel FSS.

ATCS trainee **Tom Lewis** has reported to the Fairbanks FSS where he is preparing for a level one FSS assignment.

## On The Move

Much success to the following FAA employees who have recently transferred to new positions within FAA:

ATC **Dave Bross** has moved from the Kenai ATCT to Merrill Tower in Anchorage.

Maintenance mechanic **Dave Baker** has transferred from the McGrath FSS to the Kenai FSS.

**John Harris** has moved from his long-time position at the Anchorage SFO as a maintenance mechanic to take over as utility service repairman at ZAN AFS.

ATCS **Cliff Miyamoto** is now in place at the Ketchikan FSS. He previously worked at the Iliamna FSS.

ATC journeyman **Craig Sutphin** transferred from the Bethel ATCT to the Kenai ATCT this past month.

**Janie Pearson** moved from her position as secretary at the Bethel AF SFO to her new assignment as secretary at the Fairbanks FSS.

ATCS **David Lesveque** has transferred from Merrill ATCT to the Anchorage ATCT in Alaska's largest city.

**Michele Sherhart** is now working hard at the King Salmon SFO as the environmental unit secretary. **Michele** formerly worked as a secretary in AAL-421.

ATCS **Noel Widmayer** (Iliamna FSS) received an On-The-Spot Award for his outstanding efforts regarding the rescue of three stranded hunters last December.

## NOTICE

For those employees in the Anchorage area.

The FAA will again set up and staff a booth at the Fur Rondy (Egan Center) celebration. If you are interested in volunteering to staff the booth, contact your supervisor or facility manager.



## The Weather Was So Bad...

### How bad was it?

It was so bad that Alaska Airlines had 400 passengers on standby status in the airport in Juneau right before Christmas, and very few aircraft were flying due to the Mount Redoubt volcanic eruption. As an aircraft landed and approached the terminal, the following announcement was made over the public address system by an unidentified person: "Yes ladies and gentlemen, an aircraft has actually landed at Juneau, however, that aircraft is a freighter, and unless you are in a box, you ain't going."

## Happy Retirement To You

Quite a few FAA employees decided to enter the world of retirement this past month. Our best wishes for good health and happiness go out to the following people:

**Vern Sycks** — engineering technician, SA-AFS — 29 years of service

**Leslie Schneider** — electronics technician, SA-AFS Kenai SFO — 28 years of service

**John Lee** — construction leader, Airway Facilities, Anchorage — 16 years of service

**Thomas Konklin** — ATCS/C, Anchorage ARTCC — 37 years of service

**Allan Hansen** — electronics engineer, AF Division, Anchorage — 33 years of service

**Charles Wayne Goldsberry** — supervisory electronics technician, SA-AF -Kenai SFO — 34 years of service

**Walt Gilbert** — aviation safety inspector, AAL-200 — 34 years of service

**Thomas Flynn** — maintenance mechanic foreman, SA-AFS -King Salmon SFO — 38 years of service

**Marlys Bundtzen** — realty specialist, AAL-58 — 11 years of service

**Elsbeth Baker** — secretary, Fairbanks FSS — 23 years of service





## Yes Virginia, There Is A Santa Claus

...and he hangs around the ZAN AF offices.

We want to give special recognition to the gang over at ZAN AF for their thoughtful efforts this past holiday season. **Betty Anderson** (clerk-typist) spearheaded what some people might call "*Operation Santa Claus*."

**Betty** contacted the Crisis Intermission Center of Anchorage and asked for several names of needy families in the Anchorage area that could use a little Christmas spirit. With names in hand, **Betty** enlisted the help of **Gary Stadig**, **Dorea Swanson**, **Peggy Stogsdill**, **Pauline Steffy**, and **Mark Kelliher** to assist her in collecting gifts that they then distributed to the three needy families in time for Christmas Day. **Mark Kelliher** even cut down several spruce trees and delivered them a week before Christmas to each household to provide a little preliminary spirit before December 25. Many of the small children took one look at **Mark** and thought for sure that he was Santa Claus in

disguise. (**Mark** could pass as Santa's double due to his beard being the right color and style.)

The true spirit of Christmas is visible in **Betty**, **Gary**, **Dorea**, **Peggy**, **Pauline**, **Mark**, and all the other employees who helped with this gift of caring, sharing, and love for others. We are sure they will not be forgotten for a long time.



## Our Condolences

Our sympathy goes out to **Jim and Dora Allen** in Gulkana on the recent death of **Dora's** mother in Harrisburg, Pennsylvania. **Jim** is an air traffic control specialist at our Gulkana FSS.

We were sorry to hear that **Ken Odsather's** father recently passed away. Our special thoughts are with **Ken** during this time. **Ken** works in our Maintenance Branch in the Airway Facilities Division.

Our condolences to the family of **Thomas "Tommy" Walluk**, 42, who recently passed away in Alaska. **Tommy** was born in Shishmaref and worked for FAA as an air traffic controller. He is survived by two daughters, his mother, three brothers and six sisters. He was preceded in death by his father and three brothers. Burial was conducted with military honors at the Fort Richardson National Cemetery.



# What Is A Drug?

Because the drug problem has reached such colossal proportion in today's world, the Intercom editor has decided to print the following information in total in an effort to educate people in the various kinds of drugs and the impact they can have on a person's life.

## ***What is a drug?***

A drug is any chemical substance that produces a physical, mental, emotional or behavioral change in the user.

## ***What is drug abuse?***

Drug abuse is the use of a drug for other than medicinal purposes which results in the impaired physical, mental, emotional or social well-being of the user. Drug misuse is the unintentional or inappropriate use of prescription or over-the-counter drugs, with similar results.

## ***Which drugs are abused?***

All drugs can be abused. Narcotics, sedatives, alcohol, tobacco, stimulants, marijuana, inhalants, hallucinogens, phencyclidine, laxatives—these are the major drugs of abuse. All have one thing in common—to one degree or another, they

affect the user's feelings, perceptions and behavior. Most of these drugs affect the user in physical ways as well, but they are abused because of their psychoactive (mind-altering) properties.

## ***What is drug addiction?***

The term drug addiction has been popularly used to describe a "physical" dependence on a drug—originally associated with narcotic dependence.

## ***What is tolerance?***

Tolerance is a state which develops in users of certain drugs and requires them to take larger and larger amounts of the drug to produce the same effect. Tolerance often, but not always, occurs along with physical dependence.

## ***Why do people abuse drugs?***

There are many reasons—the wish or belief that drugs can solve every problem, the pressure from friends to experiment, the enjoyment of drug effects, and easy access to socially acceptable drugs like alcohol and tobacco.

Reasons for drug experimentation, such as curiosity or social pressure, differ from reasons for occasional drug use—such as enjoyment or availability. And reasons for continuing to use drugs, such as dependence and fear of withdrawal, are different still.

## ***What is a drug dependence?***

Drug dependence is the need for a drug which results from the continuous or periodic use of that drug. This need can be characterized by mental and/or physical changes in users which make it difficult for them to control or stop their drug use. They believe that they must have the drug to feel good, or normal, or just to get by. This mental aspect of drug dependence is often called psychological dependence.

Some drugs, like narcotics and barbiturates, change the body's physical system so that it becomes used to the drug and needs it to function. When a user stops taking the drug, he or she will experience withdrawal symptoms,

(continued on next page)



## What Is A Drug? (continued)

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like vomiting, tremors, sweating, insomnia, or even convulsions. So to avoid withdrawal and to continue to function, the user takes the drug again. This aspect of drug dependence is often called physical dependence.

Many people try to distinguish between psychological and physical dependence, believing one type of dependence is worse than the other. However, heavy use of any psychoactive drug produces some type of dependence; and this dependence interferes with the social, behavioral and physical functioning of the individual.

### ***Are drugs harmful?***

Any drug can be harmful. Drug effects depend on many variables, including the amount of drug taken, how often it is taken, the way it is taken, and other drugs used at the same time. Also, the user's weight, sex, personality, mood, expectations, and environment help determine how a drug affects a person.

### ***How can misuse of legally obtained drugs be controlled?***

Drugs should be used only as prescribed and should be destroyed when they are no longer needed. All drugs, including nonprescription, over-the-counter drugs, should be kept away from children. Doctors and pharmacists should watch prescription renewals for drugs that can lead to dependence.

### ***Do drug abusers ever take more than one drug?***

Yes. Multiple drug abuse is common. People who abuse one drug are likely to abuse other drugs, either by taking a variety of them all at once or at different times. Multiple drug abuse means multiple risk. Mixing alcohol and sleeping pills, sedatives or tranquilizers is especially dangerous. Unfortunately, young people are experimenting more and more now with these potentially lethal combinations.

### ***What is the effect of drugs on sexual response?***

No drug seems to be a true aphrodisiac (capable of creating sexual desire rather than reducing inhibitions), although various substances

have been considered as such throughout history. What users expect is probably more important than what drugs do. In fact, narcotics and alcohol in particular often actually reduce sexual responsiveness.

### ***Is it unsafe to use drugs during pregnancy?***

It can be. Pregnant women should be extremely cautious about taking any drug, even aspirin, without first consulting their physician.

Research has shown that heavy smoking and drinking can harm the developing fetus. Babies born of narcotic and barbiturate dependent mothers are often born drug dependent and require special care after birth.

### ***Can over-the-counter (nonprescription) drugs be dangerous?***

Yes. When these drugs are overused or misused, they can cause serious problems. Drugs bought without prescription, such as antihistamines, aspirin,

(Continued on next page)



## What Is A Drug? (continued)

cough medicines, diet pills, sleeping pills and pep pills, can be helpful for minor, short-term discomforts. Although these preparations are relatively safe, users should always read labels carefully and check with their doctor if uncertain about the effect a particular over-the-counter drug may have.

### ***What kind of treatment is available for the drug abuser?***

In recent years, the kinds of treatment programs have multiplied since no single therapeutic approach seems to succeed for all people and with all drugs.

Treatment approaches for narcotics abusers principally include drug-free or methadone maintenance in residential or outpatient facilities. Approximately two-thirds of the 3,400 treatment programs located across the country do not use drugs as part of the treatment program; the remaining one-third utilize methadone maintenance. After treatment, and as part of the rehabilitation package, services such as career development, counseling, and job skills training are made available.

For alcohol-dependent people, treatment often includes drug therapy during

the alcohol withdrawal phase, group or individual psychotherapy, and the particular kind of support provided by self-help groups similar to Alcoholics Anonymous.

There are many other programs providing short-term counseling or drug crisis therapy in health agencies, schools, community mental health centers and other organizations.

For the past nine years, FAA has had an active ongoing Employee Assistance Program (EAP). If you or someone you know has a drug problem, our EAP contractor, Human Affairs of Alaska, is just a phone call away. Their office can be found at the following address:

***Human Affairs of Alaska  
4300 B Street  
Suite 606  
Anchorage, AK 99503  
(907) 562-2812  
Outside Anchorage Call  
1-800-472-2812***

This information was extracted from a publication produced by the National Institute on Drug Abuse entitled, "***Let's Talk About Drug Abuse***," and submitted by **Marge Cholometes, AAL-16C.**

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If you have questions, suggestions, or complaints, call the Editor at 271-5293.



**30 +60 = 40**

Isn't new math wonderful? For those of you who are still trying to figure out the new configuration of the Resource Management Division this one's for you:

